



REGISTER ONLINE AT  
[www.ci.verona.wi.us/recreation](http://www.ci.verona.wi.us/recreation)

# *City of Verona* **Fall & Winter** *2015 - 2016 Recreation Brochure*



# General Information

## VERONA RECREATION OFFICE INFORMATION

**Location:** Across from Zurbuchen Oil  
Verona Public Works, Parks &  
Recreation Building  
410 Investment Court  
Verona, WI 53593

**Hours:** 8:00 a.m. to 4:30 p.m.  
Monday - Friday  
(Open during the noon hour)

**Telephone:** Office: 845-6695  
Direct: 848-6815

**Fax:** (608) 845-5761

**Website:** [www.ci.verona.wi.us](http://www.ci.verona.wi.us)

**Online Registration Site:**  
[http://www.activityreg.com/clientpage\\_t1.wcs](http://www.activityreg.com/clientpage_t1.wcs)

## RECREATION DEPARTMENT NEWS

Welcome to the 2015/2016 Fall & Winter Recreation Brochure.

I have encountered some suggestions and recommendations in the past, so I am interested in hearing what you have to say! On the backside of the registration form is a simple survey to learn your thoughts and feelings on our programs and overall department. Please feel free to fill in this information, and send it along with your registration form.

I look forward to hearing from you!

**Casey Dudley,**  
**Recreation Director**

## Refund Policy

1. Full refunds will be given to persons notifying the Recreation Department prior to the registration deadline.
2. Cancellations after the registration deadline are subject to a \$5 surcharge.
3. Cancellations for programs with a class minimum must be made 5 days prior to the program start date.
4. There is no refund after the first session or practice has taken place. A prorated refund will be given only in the case that severe illness or injury prevents participation.
5. Full refunds will be given if the Recreation Department cancels a class.
6. All refunds will be mailed to the residence of the participant. It takes approximately two to three weeks to receive the payment after the refund has been issued.

## Accident Insurance

The City of Verona Recreation Department does not provide accident insurance for its participants. Participants must assume full responsibility for injuries while participating in an activity.

## Resident/Non-Resident Fee Policy

(R = Resident, NR = Non-Resident)

A resident is any individual who resides within the City of Verona. All other individuals living outside the city limits are considered non-residents, and will be charged an additional fee above the resident rate. This charge is assessed per person, per program.

## Employment

The City of Verona Recreation Department employs many individuals to work as umpires, referees, and supervisors for our youth and adult programs. We require you to have some course training in the sport or activity you are interested in. If you are interested, contact the Recreation Department Office at 848-6815 about possible openings.

## Confirmation of enrollment

Plan on attending the program you signed up for at the listed times & dates. The Recreation Department will not contact you unless a program is full or cancelled. Please feel free to contact the Recreation Department at 848-6815 to verify your registration and/or if you have any questions.

## PROGRAM TIMES AND PLACES

All program times and places are subject to change if facilities aren't available at listed times. The Verona Recreation Department will notify each participant of any changes prior to the start date.

## HOW TO REGISTER

1. **Online:** [www.ci.verona.wi.us/recreation](http://www.ci.verona.wi.us/recreation)  
Register online 24 hours per day/7 days a week with a Visa, MasterCard or Discover card. A small convenience fee is charged for use of this service. Have piece of mind knowing that you or your child is enrolled in class! With online registration, you can view how many spots are available in a particular class or see what dates are available at the park shelters, all from the comfort of your own home or office! If a class is full, please sign up to be put on a waiting list.
2. **Mail-In**  
Mail completed registration forms with payment to:  
Verona Recreation Department  
410 Investment Court  
Verona, WI 53593
3. **Walk-In**  
Office hours are 8:00 a.m. to 4:30 p.m. M-F
4. **After Hours Drop Box**  
Located in the entryway of the Recreation Office.

## REGISTRATION INSTRUCTIONS

Registration forms are at the end of this brochure. All of the information on the form must be filled out in order to participate. The top portion of the form must be filled out completely.

**Program name:** Print the name of the program you would like to register for.

**Session:** Print the session name and number. Print the participant's age and grade: Please fill out the age of the child as of the day you are filling out the form. The grade of the child should be printed in as what grade during the 2015/2016 school year. **No exceptions!**

**Fee paid:** Please write in the amount of the class. All prices are included in the program description. Total up all the registration fees and include the total at the bottom of the form.

## PROGRAM SIZES

Some programs have a minimum/maximum enrollment. If the Recreation Department is unable to fill the program, full refunds will be issued to each individual. If a program is full, you will be notified, and upon request, be put on a waiting list. If a cancellation occurs you will be notified. If no opening occurs, a full refund will be issued.

## FINANCIAL ASSISTANCE

There is limited financial assistance available through a recreation scholarship fund established with the Verona Area Education Foundation.

There is also limited financial assistance available through a scholarship with donations from EPIC.

For more information regarding a scholarship, call the Verona Recreation Department at 845-6695.

## Publicity

The Verona Recreation Department reserves the right to utilize photos and names of participants for publicity purposes. Participants not wanting their names and/or photos used must notify the Recreation Department in writing at the time of registration.

## INCLEMENT WEATHER PROCEDURE

The Verona Recreation Department will post a voice message for all programs in case of inclement weather. If you would like to inquire about possible cancellations or postponements, please call 848-6815 *after 4:30 p.m.*

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# YOUTH ACTIVITIES

## FALL SOCCER

This program is being offered for boys and girls Pre- Kindergarten through 5<sup>th</sup> grade. The program stresses the fundamentals of soccer and sportsmanship in a fun, relaxing atmosphere where all the participants get equal playing time. The 3<sup>rd</sup> & 4<sup>th</sup> grade programs will have referees and be played in conjunction with Fitchburg. **The Pre-K program is for kids that are entering Kindergarten in the fall of 2016.** Please register for the grade going into for the school year 2015/2016. Shin Guards are required. **Each team needs at least two volunteer parent coaches.** This is a great opportunity for each parent to get involved and become a wonderful role model for their children and other children within the community. No experience is necessary. The recreation department offers many different coaching techniques to beginner coaches. Get involved, your kids will thank you! Season will begin the week of September 14, 2015. Seasons run approximately 6 weeks.

### Session # Grades:

# 1 Pre-K Co-ed (Ages 4 & 5)

# 2 Kindergarten Co-ed

# 3 1<sup>st</sup> and 2<sup>nd</sup> Grade Co-ed

# 4 3<sup>rd</sup> and 4<sup>th</sup> Grade Coed

### Days:

Saturday Mornings

Wednesdays

Tuesdays & Thursdays

Mondays & Wednesdays

### Times (1 hour)

9, 10, 11:00 am

5:30 pm

5:30 pm

5:30 pm

### Location:

Firemans Park

Firemans/Neff Parks

Firemans/Neff Parks

Harriet/Van de Grift Parks

**Cost if registered by 8/24/15:**

**Add \$10 if registered after 8/24/15!**

Sessions 1 – 3

Sessions 4

R \$30

R \$35

NR \$45

NR \$50

## BABYSITTER TRAINING CLASS

This program will provide the safety skills and confidence necessary to be a great baby-sitter. Upon completion you will receive a certificate and a baby-sitter's handbook. Sign up today! This class is provided in cooperation with CPR Training Specialist, LLC and are Licensed Training Partners (LTP) with the American Red Cross. Instructor: CPR Training Specialist, LLC staff. . Participants should be **10 years old** to enroll. Pack a lunch as the class is for 7 hours.

### Session:

# 1

# 2

# 3

# 4

# 5

# 6

# 7

### Date:

August 29

September 19

October 17

November 21

December 29

January 23

February 20

**All sessions held from 9AM – 4 PM at the Verona Public Library**

**Min: 6**

**Max: 12**

**Registration Deadline:**

1 Week prior to class

**Cost if registered by deadline:**

**R \$93 NR \$108**

## SPECIAL THANKS!

The Verona Recreation Department would like to thank all of the volunteer coaches who have made our programs successful. Without you, the programs would not happen. The City of Verona Recreation Department is very appreciative of all the efforts and dedication the volunteers have given to this community. **Thank you again!**

## HARRIET PARK ICE RINK

Starting in late December (depending on weather conditions) Harriet Park offers public ice skating. There is a supervised warming shelter located east of the rink. For rink conditions call 845-6695.

### Hours

Monday, Wednesday, and Friday 6:00 – 8:00 p.m.

Saturday and Sunday 1:00 – 5:00 p.m.

**Reminder: If you have not signed your child up for NFL Flag Football, do so immediately!**

**Don't forget you can sign up online at: [http://www.activityreg.com/clientpage\\_t1.wcs](http://www.activityreg.com/clientpage_t1.wcs)**



## **DANCE PROGRAM**

This will be the 15<sup>th</sup> season of youth dance. Classes are offered to give children the opportunity to learn the art and joy of dance while gaining poise and building self-confidence.

This is a great way to give your children a taste of dance without having to make a big financial commitment. Each class will meet once a week and run for approximately 24 weeks starting the week of **October 5<sup>th</sup>**, with a recital to culminate the program April 29<sup>th</sup>.

### **Classical Ballet**

The most disciplined foundation for all dance forms concentrating on technical and linear development, proper alignment, turn-put, placement and coordination. A reinforced ballet vocabulary is also emphasized to all students involved in classical ballet training.

### **Jazz Dance**

A dynamic form of dance focusing on rhythm, expression and style. Forms and various styles of American dance are taught concentrating on coordination, isolated rhythmic movements and specific jazz technique.

**Lyrical/ Contemporary:** A combination of ballet and jazz technique, and lots of emotion. Students learn how to tell the story of the music through movement and emotions, as well as how to breathe life into the choreography.

### **Tap**

A form of dance to music that uses different tap tones and dance steps to create a rhythmic sound.

### **Musical Theatre:**

Explore the theatrics of dance through the music from Broadway and musicals. This class focuses on portraying a character through choreography and technique. Students will learn how to act while they dance.

### **Hip Hop:**

A freestyle, high energy dance that is upbeat and fun. Hip Hop dance relies on jazz technique while adding flair and attitude. Students dance to today's popular hip hop and pop music.

### **You're Instructor – Chelsea Moten**

Chelsea Moten began teaching dance 13 years ago at a dance studio in La Crosse, WI; specializing in children's Tap, Ballet, and Jazz. For 6 years she taught Ballet and Hip Hop outreach classes at daycare centers and elementary schools. Miss Chelsea was 5 years old when she began dancing. She has studied Ballet, Pointe, Jazz, Tap, Modern and Hip Hop. Miss Chelsea has a passion for dance and is eager to share that passion with her students.

- **Class Minimum = 5      Class Maximum = 10**
- All classes will be held at **The Verona Senior Center**
- **Recital to be held April 29, 2016**
- Recital outfit, not included in the registration fee, will be required for the recital, estimated at \$45.
- Class schedules will be handed out the first week of class.
- There will be 2 observation days for you to view your child's class.
- Due to low enrollment in certain classes, some classes may be changed to accommodate the more popular class.

<b><u>Session #</u></b>	<b><u>Dance</u></b>	<b><u>Age</u></b>	<b><u>Day</u></b>	<b><u>Time</u></b>
<b>1</b>	Ballet	3-4	Monday	4:10 – 4:40 pm
<b>2</b>	Tap	5-6	Monday	4:45 – 5:15 pm
<b>3</b>	Hip Hop	3-4	Monday	5:20 – 5:50 pm
<b>4</b>	Jazz	5-6	Monday	5:55 – 6:25 pm
<b>5</b>	Jazz/Musical Theater	7-8	Monday	6:30 – 7:15 pm
<b>6</b>	Lyrical/Ballet	9-11	Monday	7:15 – 8:00 pm
<b>7</b>	Hip Hop/Jazz	12+	Monday	8:00 – 8:45 pm
<b>8</b>	Hip Hop/Jazz	7-8	Tuesday	5:45 – 6:30 pm
<b>9</b>	Lyrical/Ballet	7-8	Tuesday	6:30 – 7:15 pm
<b>10</b>	Jazz/Musical Theater	9-11	Tuesday	7:15 – 8:00 pm
<b>11</b>	Lyrical/Ballet	12+	Tuesday	8:00 – 8:45 pm
<b>12</b>	Tap	3-4	Wednesday	4:10 – 4:40 pm
<b>13</b>	Ballet	5-6	Wednesday	4:45 – 5:15 pm
<b>14</b>	Jazz	3-4	Wednesday	5:20 – 5:50 pm
<b>15</b>	Hip Hop	5-6	Wednesday	5:55 – 6:25 pm
<b>16</b>	Hip Hop/Jazz	7-8	Wednesday	6:30 – 7:15 pm
<b>17</b>	Hip Hop/Jazz	9-11	Wednesday	7:15 – 8:00 pm
<b>18</b>	Jazz/Musical Theater	12+	Wednesday	8:00 – 8:45 pm
<b>Fees:</b>		<b>City Resident</b>	<b>=</b>	<b>\$110</b>
		<b>Non-Resident</b>	<b>=</b>	<b>\$130</b>

## **YOUTH BASKETBALL K – 8<sup>th</sup> Grade**

Dribble, Pass, Shoot, and Score! Boys grades K – 8 and girls Grades K - 6 will enjoy this indoor activity. This program stresses the fundamentals of basketball and sportsmanship in a fun, exciting environment where all the kids get equal playing time. The 7<sup>th</sup> & 8<sup>th</sup> grade boys program **will** be combined with the Fitchburg, Middleton & Cross Plains Rec. Dept. Please register for the grade your child will be in school year 2015/2016.

### **Each team needs at least two volunteer parent coaches.**

This is a great opportunity for each parent to get involved and become a wonderful role model for their children and other children within the community. No experience is necessary. The recreation department offers many different coaching techniques to beginner coaches. Get involved, your kids will thank you!

Teams fill up quickly, so get your registration form in before the deadline! Please indicate on registration form the skill level, experience and height of your child.

**ex: good ball handler, 2 years & tall.**

## **Kindergarten – 2<sup>nd</sup> Grade**

<u>Session/Grade</u>	<u>Days</u>
# 1 Kindergarten Co-ed	Mondays
# 2 1 <sup>st</sup> & 2 <sup>nd</sup> Grade Girls	Wednesdays
# 3 1 <sup>st</sup> Grade Boys	Tuesdays
# 4 2 <sup>nd</sup> Grade Boys	Thursdays

<u>Times (1 hour)</u>	<u>Location</u>
5:30 & 6:35 pm	Sugar Creek

- Season starts the week of November 30, 2015 and runs approximately 9 weeks.

**Cost if registered by 10/30/15: R \$28 NR \$43**  
**Add \$10 if after 10/30/15**

- This program the coaches are the referees

## **3<sup>rd</sup> & 4<sup>th</sup> Grade**

This program is offered in conjunction with the Fitchburg and Mt. Horeb Recreation Departments. There will be some travel for the games held in each community.

<u>Session/Grade</u>	<u>Days</u>
# 5 3rd & 4th Grade Girls	Tuesday - Practice
# 6 3rd & 4th Grade Boys	Saturday: Practice/Games
	Monday - Practice
	Saturday: Practice/Games

<u>Times (1 hour)</u>	<u>Location</u>
5:30 – 8:30 pm weeknights	Country View
9:00 - 2:00 pm Saturdays	Country View/MH/FB

- Season starts the week of November 9, 2015 and runs approximately 10 weeks.

**Cost if registered by 10/9/15: R \$45 NR \$60**  
**Add \$10 if after 10/9/15**

- This program will have referees

## **5<sup>th</sup> - 8<sup>th</sup> Grade Big Ten League**

Big Ten League is for kids in 5<sup>th</sup> - 8<sup>th</sup> grade. This program will be combined with Fitchburg, Middleton, Waunakee, Stoughton, Cross Plains and Cottage Grover Recreation Departments. Each week a different community will host the games. There will be some travel for the games held in each community.

<u>Session/Grade</u>	<u>Days</u>
# 7 5 <sup>th</sup> Grade Girls	Thur/Sat – Practice – Sat -Games
# 8 6 <sup>th</sup> Grade Girls	Thur/Sat – Practice – Sat -Games
# 9 5 <sup>th</sup> Grade Boys	Wed/Sat– Practice – Sat -Games
#10 6 <sup>th</sup> Grade Boys	Wed/Sat– Practice – Sat –Games
# 11 7-8 <sup>th</sup> Grade Boys	Thur/Sat - Practice – Sat –Games

<u>Practice Times (1 hour)</u>	<u>Location</u>
5:30 pm – 9:30 pm weeknights	Country View
9:00 am - 2:00 pm Saturdays	Badger Ridge

<u>Game Times (1 hour)</u>	<u>Location</u>
9:00 am – 1:00 pm	TBD

- Season starts the week of November 30, 2015, and runs approximately 12 weeks
- An end of the season tournament will be held mid-March

**Cost if registered by 10/30/15: R \$55 NR \$70**  
**Add \$10 if after 10/30/15**

## **YOUTH ENRICHMENT**

Youth music and art classes are available through the Verona Recreation Department and are offered in conjunction with Rhapsody Arts Center. All classes take place at 1031 North Edge Trail. Registration deadlines for each program will be one week prior to the class start date. Rhapsody Arts Center is a non-profit community school of the arts. To see their full list of programs, please visit: [rhapsodyarts.org](http://rhapsodyarts.org). \*Rhapsody Arts Center staff will make confirmation phone calls one week prior to class start dates.

**Babies Music (3-18 mos, w/caregiver)** Weds 10-10:30am  
Participating in music enhances bonding between baby and caregiver while encouraging the discovery of sounds, movement, and textures. Watch as your child's language skills increase through singing and vocal play.  
Session 1: September 16 – November 4  
Session 2: January 20 - March 9  
Session 3: April 6 - May 25  
Instructor: Julie Mazer

**R \$84 NR \$99 Min: 4 Max: 10**

**Toddler Tunes (18mos-3yrs, w/caregiver)** Weds 10-10:45am  
Repetition of familiar tunes, dances, and books stimulates the toddler's musical learning. By absorbing new melodies and predicting the movements that will accompany them, young children are more easily able to soothe themselves and develop critical listening skills. Come share this time with your toddler while singing and dancing to your favorite songs and learning new ones as well.

Session 1: September 16 – November 4  
Session 2: January 20 - March 9  
Session 3: April 6 - May 25  
Instructor: Julie Mazer

**R \$118 NR \$138 Min: 4 Max: 10**

**Family Music (18mos-5yrs, w/caregiver)** Weds 9:15-9:45am

Join together for songs, movement, and instrument play. This class is perfect for families with multiple children. Activities will be adapted so that everyone can participate together

Session 1: September 16 – November 4

Session 2: January 20 - March 9

Session 3: April 6 - May 25

Instructor: Julie Mazer

**R \$100 NR \$120 for up to 2 kids Min: 4 Max: 10**

**Kids N Keys (4-6yrs)**

Wednesdays 4-4:45pm

This popular class engages children in singing folk songs, learning to play simple instruments, and teaches early keyboard skills. Pre-reading exercises are focused on learning to recognize musical symbols and writing simple music notation. This class is a good introduction to private piano lessons or to our beginning piano class. Method book included.

Session 1\*: September 16 - November 18

Session 2: January 13 – March 16

Instructor: Amber Bruns

\*Sessions are not cumulative. Students who complete one section often choose to take partner lessons or private lessons.

**R \$216 NR \$236 Min: 3 Max: 4**

**Beginning Piano (6-8yrs & 9-11yrs)**

This ten-week class is perfect for the student with an interest in the piano and the parent with reservations about their child's commitment to the study. No prior experience needed—we start with the basics! Teaching methods are tailored to match the developmental stages of each age group. Throughout the course, students participate in musical games, rhythm drills, learn musicianship, and develop ear training skills to assist them in learning musical concepts. Students must have access to a piano for practice and to complete class assignments. Method book included.

6-8yrs: Tuesdays 4-4:45pm 9-11yrs: Tuesdays 5-5:45pm

Session 1\*: September 15 - November 17

Session 2: January 12 – March 15

\*Sessions are not cumulative. Students who complete one section of beginning piano often choose to take partner lessons or private piano lessons.

**R \$248 NR \$268 Min: 3 Max: 4**

**Little Ones Music (0-2yrs, w/caregiver)** Mondays 5:30-6:00pm

Help nurture your baby's musical development. Caregivers participate in this class with their babies through play, song, and laughter.

Session 1: September 14th– November 2nd

Session 2: January 18th– March 7th

Session 3: April 4th– May 23<sup>rd</sup>

Instructor: Melissa Ludois

**R \$84 NR \$104 Min: 3 Max: 4**

**It's Music Time! (2-5yrs, w/caregiver)** Mondays 6:15-7:00pm

Release some musical energy with your child while singing, dancing, playing instruments, and more! This class uses folk tunes and songs from all over the world, along with some familiar favorites.

Session 1: September 14th– November 2nd

Session 2: January 18th– March 7th

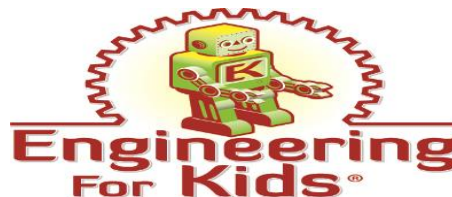
Session 3: April 4th– May 23<sup>rd</sup>

Instructor: Melissa Ludois

**R \$112 NR \$132 Min: 3 Max: 4**

**ENGINEERING FOR KIDS**

Engineering for Kids provides children ages 4-14 with fun, hands-on engineering enrichment that encourages team work and creative thinking. Professional trained instructors will be directing each class. All classes will be held in room 503 at Badger Ridge Middle School.

**Fall I: Junior Robotics: Amazing Mechanisms**

This class is a perfect mixture of fun and learning, using LEGO® WeDo™ Robots. Using LEGO® bricks, students build a dancing bird, a smart spinner, and a drumming monkey. They also learn how to program and operate their creations using a laptop computer.

Dates: Sep 14, 21, 28 Oct 5, 12, 19

Day: Mondays

Grades: K - 2

Time: 4:00 – 4:45 pm

**R \$95 NR \$110 Min: 8 Max: 12**

**Fall I: Robotics: LEGO Mindstorms 101**

During the Robotics 101 program, students will learn the basics of designing, programming, and controlling a fully functional robot. Using LEGO® MINDSTORMS®, mathematical concepts, and engineering principles students will brainstorm, plan, test, and modify sequences of instructions to accomplish a given task. Students will also learn the sequence of communication between the robot, and the programmer by collecting and analyzing data using the robot's sensors.

Dates: Sep 14, 21, 28 Oct 5, 12, 19

Days: Mondays

Grades: 2 - 5

Time: 5:15 pm – 6:45 pm

**R \$125 NR \$145 Min: 10 Max: 20**

**Fall II: Junior Engineering Adventures**

The Engineering For Kids Adventures classes introduce young engineers to fundamental concepts of energy, chemical reactions, and movement. Students explore, design and construct different items throughout this unit to not only increase their engineering knowledge, but also to have fun!

Dates: Nov 2, 9, 16, 30 Dec 7 & 14

Day: Mondays

Grades: K - 2

Time: 4:00 – 4:45

**R \$95 NR \$110 Min: 8 Max: 12**

**Fall II: Apprentice Engineering Adventures**

The Engineering for Kids Adventures offers a variety of engineering classes during each session. With a different engineering discipline taught each week, every student will experience the educational fun that Engineering for Kids offers.

Dates: Nov 2, 9, 16, 30 Dec 7 & 14

Days: Monday

Grades: 2 - 5

Time: 5:15 – 6:45 pm

**R \$125 NR \$145 Min: 10 Max: 20**

### **Winter I: Jr. Mecha Engineering: Widgets & Gadgets**

The Junior Mechanical Engineering classes introduce our youngest engineers to fundamental concepts of energy, materials, and movement. Through open and focused exploration, students explore and construct their own roller coasters, catapults, cars, and more.

Dates: Jan 11, 18, 25, Feb 1, 8 & 15

Day: Monday

Grades: K - 2

Time: 4:00 – 4:45

**R \$95 NR \$115**

**Min/Max: 8/12**

### **Winter I: Hardware Engineering: Get Wired w/MaKey MaKey**

Imagine designing a piano using celery or a creating a custom digital training program. Now, envision playing video games using just your body, a bit of wire and your own imagination. In our hardware engineering program, students engineer their own customized video game controllers using a MaKey MaKey device and materials that can be found in just about any kitchen. Through application of circuitry, acoustical engineering and video game design, students discover new ways to interact with technology, all while creating unique designs in a fun collaborative environment.

Dates: Jan 11, 18, 25, Feb 1, 8 & 15

Days: Monday

Grades: 2 - 5

Time: 5:15 – 6:15 pm

**R \$125 NR \$145**

**Min/Max: 10/20**

### **Winter II: Junior Robotics: Amazing Mechanisms**

This class is a perfect mixture of fun and learning, using LEGO® WeDo™ Robots. Using LEGO® bricks, students build a dancing bird, a smart spinner, and a drumming monkey. They also learn how to program and operate their creations using a laptop computer.

Dates: Feb 22, 29, March 7, 14

Day: Monday

Grades: K - 2

Time: 4:00 – 4:45

**R \$70 NR \$90**

**Min/Max: 8/12**

### **Winter Session 2: Aerospace Engineering: Up, Up, & Away**

Description: Students use the Engineering Design Process to design, create, test, and refine a variety of flying machines. They construct a shock absorbing system designed to protect two marshmallow astronauts in a lunar vehicle, create their own air-powered rockets, and assemble a hot air balloon model that actually takes flight!

Dates: Feb 22, 29, March 7, 14

Days: Monday

Grades: 2 - 5

Time: 5:15 – 6:45 pm

**R \$85 NR \$105**

**Min/Max: 10/20**



## **Verona Youth Wrestling Club**

PARENTS - Are you looking for a sport for your child where everyone participates and no one sits on the bench? How about a sport that teaches self-discipline and focuses on achieving your personal best? Previous experience is not necessary and both boys and girls are welcome. There are many opportunities to win medals and trophies and to compete individually and as a team. There is also the opportunity to continue on to the state and national levels for those who qualify. The coaches teach in an atmosphere of respect and focus on skill development mixed with fun.

Youth wrestling sign-up will be on November 18<sup>th</sup> in the commons of the high school at 6:00. Practice will start on November 30<sup>th</sup> and run until the middle of March on Mondays and Wednesdays. The cost to be in the Verona Youth Wrestling Club is \$50 and you purchase your USA card online for insurance purposes.

Please contact Craig Neuroth at [cneuroth@barneveld.k12.wi.us](mailto:cneuroth@barneveld.k12.wi.us) or at 608-438-2356 with any questions.

**Reminder:** This is not a Verona Recreation Department Program.

## **Verona Wildcats Youth Hockey**



Imagine your son or daughter carrying the puck down the ice on a breakaway and scoring their first goal, or making an amazing save to win the game....

We are the Verona Wildcats Youth Hockey Association and we provide recreational and competitive co-ed youth ice hockey for kids ages 4 to 18. For the beginning skater, we provide a safe, organized, and fun environment for your child to learn and enjoy the game of ice hockey and develop their skills. For the more experienced skater we offer the best coaches and training in the area while still keeping it all about skill development and having fun on and off the ice.

- ✓ Youth hockey players learn lessons like teamwork, trust, responsibility, and sportsmanship and builds life-long friendships on and off the ice.
- ✓ If your kids love to rollerblade, the transfer to ice is easy.
- ✓ Hockey helps fight the winter blues. The season runs from October through Mid-March.
- ✓ Think hockey is too expensive? We strive to keep fees as reasonable as other travelling sports. Fees begin \$35 for new *Learn to Play* skaters. Rental equipment is also available.
- ✓ Think there is too much travel? There is travel, just like all sports, but most travel during the season is within Dane County.
- ✓ Have any doubts? Talk to a “hockey family” and get the scoop from them or stop by the Verona Ice Arena and check us out!

Have questions or want more information? Log onto [veronayouthhockey.com](http://veronayouthhockey.com) or contact:Registrar Mike Bakalars, (608) 212-8931 [registrar@veronayouthhockey.com](mailto:registrar@veronayouthhockey.com) or President: Janie Ritter [president@veronayouthhockey.com](mailto:president@veronayouthhockey.com)

On-line registration will begin in August at [veronayouthhockey.com](http://veronayouthhockey.com)

Sign up to be a WILDCAT today!

**Reminder:** This is not a Verona Recreation Department Program.



# ADULT ACTIVITIES

## CIRCUIT TRAINING Instructor: Laurie Tackett

Circuit Training is a great total body workout incorporating weights and cardiovascular movement. Each station is performed for 1 minute intervals. We alternate a cardio movement with a weight bearing activity. Class includes an active warm-up, 50 minutes of circuit training (40 min in AM class) and a cool down stretch. Class is adjustable to any fitness level and takes place in the **VAHS weight room**. Bring a yoga mat or large towel.

**Instructor: Laurie Tackett** has a Bachelor of Science in Community Health Education and Corporate Fitness from UW-LaCrosse. She has been in the health and fitness field for over 30 years teaching a wide variety of fitness classes.

<u>Fall</u>	<u>Day</u>	<u>Date</u>	<u>Time (1hr.)</u>
# 1	Monday	Sept 28 – Dec 14	7:00 PM
# 2	Tuesday	Sept 29 – Dec 15	5:30 AM
# 3	Wednesday	Sept 30 – Dec 16	7:00 PM
# 4	Thursday	Oct 1 – Dec 17	5:30 AM
# 5	M/W or T/Th	Sept 28 – Dec 17	5:30/7:00
<b>Fee: R - \$60 NR - \$75 Min: 3 Max: 20</b> <b>#5: R - \$80 NR - \$95</b> Registration Deadline: 2 weeks prior to each session			
<u>Winter</u>	<u>Day</u>	<u>Date</u>	<u>Time (1hr.)</u>
# 1	Monday	Jan 4 – Mar 21	7:00 PM
# 2	Tuesday	Jan 5 – Mar 22	5:30 AM
# 3	Wednesday	Jan 6 – Mar 23	7:00 PM
# 4	Thursday	Jan 7 – Mar 24	5:30 AM
# 5	M/W or T/Th	Jan 4 – Mar 24	7:00 PM
<b>Fee: R - \$60 NR - \$75 Min: 3 Max: 20</b> <b>#5: R - \$80 NR - \$95</b> Registration Deadline: 2 weeks prior to each session			

## TRAIL WALKS Instructor: Laurie Tackett

Enjoy fall by exploring the trails offered in and around Verona. This class will take you off the main streets and onto a variety of trails. Each class will include a warm-up, trail walk, and stretch. Our meeting place will vary each week.

<u>Session</u>	<u>Day</u>	<u>Dates</u>	<u>Time (1hr.)</u>
# 1	Tuesdays	Sept 1 – Oct 20	6:30 PM
<b>Fee: R - \$40 NR - \$55 Min: 5 Max: 15</b> Registration Deadline: 2 weeks prior to each session <b>Requirements:</b> Good running shoes, ability to walk/run 30-45 minutes			

## WALK RUN CLUB Instructor: Laurie Tackett

Kick the fall off by joining us for a walk/run or combo of both around the neighborhoods of Verona. Warmup 5 min, walk 1 min - run 4 min for 35-40 min, core strength 5 min, stretch 5 min. Wear Comfortable clothes, good running shoes, yoga mat or towel and water. Meet at high school PAC entrance.

<u>Session</u>	<u>Day</u>	<u>Dates</u>	<u>Time (1hr.)</u>
# 1	Wednesdays	Sept 2 – Oct 21	5:30 AM
<b>Fee: R - \$40 NR - \$55 Min: 5 Max: 20</b> Registration Deadline: 2 weeks prior to each session			

## INSANITY Instructor: Jill Binon

Cardio Interval training for ALL fitness levels. Use your body weight to build endurance, get fit, and have fun! Classes held in the Badger Ridge Aux Gym

**Instructor: Jill Binon** has been a teacher for 10 years. She is a certified Piyo and Insanity Instructor, and coaches others on their journey to health, wellness, and being their best selves! Her passion is inspiring and supporting others. She lives in Verona with her husband and daughter, and loves being involved in our community.

<u>Session</u>	<u>Day</u>	<u>Date</u>	<u>Time</u>
# 1	Saturday	Sept 12 – Oct 17	8:00 – 8:45 AM
# 2	Saturday	Oct 24 – Dec 5	8:00 – 8:45 AM
# 3	Saturday	Dec 12 – Jan 30	8:00 – 8:45 AM
# 4	Saturday	Feb 6 – Mar 12	8:00 – 8:45 AM
<b>Registration Deadline:</b> 2 weeks prior to each session <b>Fees: R - \$30 NR - \$45 Min: 8 Max: 30</b>			

## PIYO - Instructor: Jill Binon

PiYo is an athletic workout inspired by the body practices of yoga and Pilates, as well as the principles of sports stretch, strength training, conditioning and dynamic movement. No tricky choreography here! PiYo includes modifications and progressions for all levels of participants. When performed on a regular basis, PiYo will increase participant's strength, flexibility and balance.

<u>Session</u>	<u>Day</u>	<u>Date</u>	<u>Time</u>
# 1	Tuesday	Sept 8 – Oct 13	7:30 – 8:15 PM
# 2	Tuesday	Oct 20 – Nov 24	7:30 – 8:15 PM
# 3	Tuesday	Dec 1 – Jan 12	7:30 – 8:15 PM
# 4	Tuesday	Jan 19 – Feb 23	7:30 – 8:15 PM
<b>Registration Deadline:</b> 2 weeks prior to each session <b>Fees: R - \$30 NR - \$45 Min: 8 Max: 30</b> Classes held in the Badger Ridge Aux Gym			

## CIZE - Instructor: Jill Binon

The end of exercise! Dance your way to fitness! You won't feel like you are working out in this fun dance program for ALL fitness levels. No experience or rhythm required.

<u>Session</u>	<u>Day</u>	<u>Date</u>	<u>Time</u>
# 1	Wednesday	Sept 9 – Oct 14	7:30 – 8:15 PM
# 2	Wednesday	Oct 21 – Dec 2	7:30 – 8:15 PM
# 3	Wednesday	Dec 9 – Jan 27	7:30 – 8:15 PM
# 4	Wednesday	Feb 3 – Mar 9	7:30 – 8:15 PM
<b>Registration Deadline:</b> 2 weeks prior to each session <b>Fees: R - \$30 NR - \$45 Min: 8 Max: 30</b> Classes held in the Badger Ridge Aux Gym			

**Don't forget you can sign up online at:**  
[www.ci.verona.wi.us/recreation](http://www.ci.verona.wi.us/recreation)

### **IMPORTANT ADULT SPORTS INFORMATION:**

All last year's (2014-2015) teams have until the deadline listed to sign-up and pay in full their team fee or they will lose their spot. An application packet will be sent out to last years teams in August. New teams should call 848-6815 to inquire about openings after the deadline. Team rosters along with residency are due two weeks prior to the 1<sup>st</sup> scheduled game.

#### **COED POWER VOLLEYBALL**

**Night:** Monday  
**Location:** Badger Ridge Middle School  
**Team Fee:** \$360  
**Registration Deadline:** Sept 25, 2015  
The season will begin approximately the week of November 2 and run for 14 weeks.

#### **MEN'S BASKETBALL**

**Night:** Wednesday  
**Location:** Verona Area High School Gymnasium.  
**Team Fee:** \$560  
**Registration Deadline:** Sept 25, 2015  
The season will begin approximately November 4 and run for 14 weeks.

#### **CO-ED INT/POWER VOLLEYBALL**

**Night:** Monday  
**Location:** Badger Ridge Middle School  
**Team Fee:** \$360  
**Registration Deadline:** Sept 25, 2015  
The season will begin approximately the week of November 5 and run for 14 weeks.

#### **Adult Co-ed Kickball**

Get your friends together for this recreational kickball league. There will be no referees for this program. Teams will need a minimum of 5 Men and 5 Women. Sign up Today!  
The season will begin September 14 and run for 7 weeks.  
**Night:** Tuesday  
**Location:** Community Park  
**Team Fee:** \$50  
**Game Times:** 7- 9:00 pm  
**Deadline:** August 22, 2015

#### **WOMEN'S INTERMEDIATE VOLLEYBALL**

**Night:** Tuesday  
**Location:** Badger Ridge Middle School  
**Team Fee:** \$360  
**Registration Deadline:** Sept 25, 2015  
The season will begin approximately the week of November 4 and run for 14 weeks.

#### **CO-ED REC VOLLEYBALL**

**Night:** Thursday  
**Location:** Badger Ridge Middle School  
**Team Fee:** \$370  
**Registration Deadline:** Sept 25, 2015  
The season will begin approximately the week of November 6 and run for 14 weeks.

#### **WOMEN'S RECREATIONAL VOLLEYBALL**

**Night:** Tuesday  
**Location:** Badger Ridge Middle School  
**Team Fee:** \$360  
**Registration Deadline:** Sept 25, 2015  
The season will begin approximately the week of November 4 and run for 14 weeks.

#### **Want to join a team?**

The Verona Recreation Department has sign-up lists for people to get on a team. Email: [ali.tackett@ci.verona.wi.us](mailto:ali.tackett@ci.verona.wi.us) or call: 497-2070 to get on the list.

#### **CO-ED INTERMEDIATE VOLLEYBALL**

**Night:** Wednesday  
**Location:** Badger Ridge Middle School  
**Team Fee:** \$360  
**Registration Deadline:** Sept 25, 2015  
The season will begin approximately the week of November 5 and run for 14 weeks.

For Office use only
Check # _____
Date _____

**\*Requests are for team sports only.** Requested individual must request you. **TOTAL FEE PAID: \$\_\_\_\_\_**  
**Requests are not guaranteed,** but we will do our best to grant them if it is at all possible.

**PLEASE READ THE FOLLOWING AND SIGN**

"We the undersigned; hereby acknowledge that we are familiar with the risk and dangers inherent in recreational activities. We hereby grant permission for the undersigned child/ward to participate in such activity. We agree to hold the City of Verona, its officers, agents, and employees, both individually and in his or her official capacity, harmless from any liability for injury or damage to person or property as a result of the undersigned's participation in said activity(ies). We further agree that the person supervising the activity may, without further permission, take whatever step he or she deems necessary in case of injury. Which may include, obtaining emergency medical or dental care and to hold the City of Verona, its officers, agents, and employees harmless from liability in connection therewith as above specified."

DATE \_\_\_\_\_

**As a Parent and Athlete it is important to recognize the signs, symptoms, and behaviors of concussions. By signing this form you are stating that you understand the importance of recognizing and responding to the signs, symptoms, and behaviors of a concussion or head injury.**

**ASSUME YOU ARE REGISTERED IN ALL THE PROGRAMS YOU HAVE SIGNED UP FOR.  
THE VERONA RECREATION DEPARTMENT WILL ONLY NOTIFY YOU IF A PROGRAM IS FULL OR CANCELLED.**

**Community Survey**  
**Verona Recreation Department**  
**410 Investment Ct. Verona, WI 53593**

1. Including yourself, how many people live within your household? \_\_\_\_\_

2. How many children in each age group currently live in your household?

Ages: (indicate total number in each age category)

1-3 _____	10-12 _____
4-6 _____	13-15 _____
7-9 _____	16-18 _____

3. What programs offered by the Verona Recreation Department have you or anyone in your household participated in?

Programs: (please check each program that someone within your household has participated in)

Youth Soccer: _____	Adult Volleyball: _____
Youth Flag Football _____	Adult Basketball: _____
Youth Baseball: _____	Adult Exercise: _____
Youth Basketball _____	Tennis Instruction: _____
Playground Program: _____	Softball Instruction: _____
Soccer Instruction: _____	Volleyball Instruction: _____
Other: _____	Baseball Instruction: _____

4. Are you currently satisfied with the quality of the programs you have participated in?

YES NO

5. Will online registration benefit your family? YES NO

6. What improvements would you like to see in the programs offered by the City of Verona Recreation Department?

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7. Are you currently satisfied with the type of programs offered through the City of Verona Recreation Department?

YES NO

8. What type of programs or classes would you like to see offered from the City of Verona Recreation Department?

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PLEASE EMAIL ADDITIONAL COMMENTS OR CONCERNS TO [casey.dudley@ci.verona.wi.us](mailto:casey.dudley@ci.verona.wi.us)